

VILLAGE of CROTON-on-HUDSON - RECREATION

One Van Wyck Street Croton-on-Hudson, NY 10520 271-3006



www.crotononhudson-ny.gov/recreation-parks WINTER 2022 / ADULT PROGRAM

Yoga, Renew & Restore

Do you feel stressed? Out of balance? Out of alignment? Join instructor Meredith for Renew & Restore Yoga.

We will explore how we stand, how our bodies move through different postures, as well as breathwork. Class will end with guided meditation. Relieve tension, improve balance, increase flexibility and quiet the mind. A perfect way to start the new year.

Gentle yoga is designed for students of all levels.

(Dress comfortably, bring a yoga mat, water bottle, strap and firm cushion)

YOGA: Renew & Restore

NEW Dates: Tuesdays, beginning January 25 for 10 sessions

Time: 6:30 - 7:30 PM

Signature: __

Location: Municipal Building, Recreation Conference Room

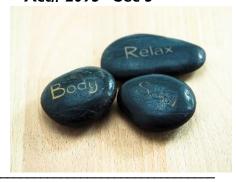
Fee: \$150.00 Village residents / \$175.00 School dis/non-res

Registration Deadline: January 18 **Instructor:** Meredith Kramer, RYT

500 Advanced Teacher of Therapeutic Yoga

Act# 2095 Sec 3

Date: ____



WINTER 2022 * Yoga, Renew & Restore * Act # 2095 Sec 3

Amount: \$150 Village Resident / \$175 School District / Non-Resident (Checks Payable "Village of Croton")

Online Registration: www.crotononhudson-ny.gov/recreation-parks

Name:	Phone:
Address:	
Email:	
Emergency Name & Phone #:	
I hereby recognizes that there are inherent risks involved with participation in this progr Croton-on-Hudson, their employees and volunteers, of any liability whatsoever in connect person may sustain as a result of participation. In the event of injury, I hereby give perm for treatment to include evaluation of the injury, x-rays, and needed medical care I agr Hudson for any damages or injuries.	ction with any damages and/or injuries that the above named nission person, named above, to be transported to a hospital